

REHABILITATION GUIDELINES FOR KIDNER PROCEDURE (ACCESSORY NAVICULAR EXCISION)

PHASE I (0-6 WEEKS POST-OP)

DATES:

Appointments	MD appointment at (10-14 days post-op) Begin physical therapy (4-6 weeks postop 2x week)
Rehabilitation Goals	• Pain and Edema control • Mobilization of scar tissue • Early AROM except no eversion x 6 weeks
Precautions	• NWB x 4-6 weeks with cast/boot • AROM ankle all planes except no eversion x 6 weeks
Suggested Therapeutic Exercises	• Toe ROM • Foot intrinsic strength seated in open chain • AROM ankle except no eversion x 6 weeks • Seated Calf raises x 6 weeks • Gastroc/Soleus stretching NWB positions
Cardiovascular Exercises	• UBE
Progression Criteria	• Pain and swelling controlled • Gait with CAM boot and no crutches x 6 weeks

PHASE II (6-8 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	• Slow progression to FWB • Gain full ankle AROM in all planes
Precautions	

	• .PWB progressing to WBAT with CAM boot and arch support • No resistance to eversion x 8 weeks
Suggested Therapeutic Exercises	• 3-way ankle resistance with band (no eversion x 8 weeks) • Mini-squats, lunges • Total gym progressing to step up/down • Bilateral balance and proprioception activities • Continue foot intrinsic strength now in weight bearing • Standing BAPS
Cardiovascular Exercises	• Stationary Bike • Aquatic walking (no swimming x 8-10 weeks)
Progression Criteria	• Pain free AROM • Normal gait pattern in supportive shoes

PHASE III (8-12 WEEKS POST-OP)

DATES:

Appointments	Continue physical therapy (2x week)
Rehabilitation Goals	• Normal gait pattern on level terrain • Balance and strength on involved LE • Normal LE mechanics during functional movements on involved LE
Precautions	• Normalize gait pattern with supportive shoes and arch support • No running x 12 weeks
Suggested Therapeutic Exercises	• Initiate resistance to eversion with bands • Balance and proprioception progressing towards single leg • Leg press, deep squats/lunges • Continue with foot intrinsic in weight bearing functional activities • Initiate lateral movements
Cardiovascular Exercises	• Stationary Bike • Swimming x 10 weeks • Walking on even surfaces
Progression Criteria	• Pain free stairs, walking, functional movements

PHASE IV (12-18 WEEKS POST-OP)**DATES:**

Appointments	Continue physical therapy (1-2 x per week or PRN)
Rehabilitation Goals	• Return to full activity • Slow return to sports
Precautions	• Sports only after Return to Sport test given
Suggested Therapeutic Exercises	• Continue with single leg balance, proprioception • Progressing of low velocity to high velocity agility training • Single leg eccentric strength on involved LE • Plyometric training
Cardiovascular Exercises	• Slow progression towards running • Walking/hiking on uneven surfaces
Progression Criteria	• Pass of Return to Sport • Pain free ADL's and work duties

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